



Asian Chicken with Kumquat Sauce



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 lb chicken whole



3 tablespoons orange juice dry



2 tablespoons soya sauce



0.5 teaspoon garlic powder



0.3 cup kumquats thinly sliced



0.5 cup orange juice



3 tablespoons orange marmalade



1 tablespoon juice of lemon

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon water cold
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 1 tablespoon pear liqueur orange-flavored

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers

Directions

- ☐ Heat oven to 375°F. Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail.
- ☐ Place chicken, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.
- ☐ Roast uncovered 45 minutes. In small bowl, mix sherry, soy sauce and garlic powder; brush on chicken. Roast uncovered about 45 minutes longer, brushing once or twice with sherry mixture, until thermometer reads 180°F and juice is no longer pink when center of thigh is cut. Discard any remaining sherry mixture
- ☐ Remove seeds from kumquats. In 1-quart saucepan, mix orange juice, orange marmalade, lemon juice and ginger.
- ☐ Heat to boiling. In small bowl, mix water and cornstarch; stir into orange juice mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir about 1 minute or until thickened. Stir in kumquats, almonds and liqueur.
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.63, Inflammation Score:-4, Nutrition Score:10.5899999908986%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 3.85mg, Hesperetin: 3.85mg, Hesperetin: 3.85mg, Hesperetin: 3.85mg Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 312.4kcal (15.62%), Fat: 18.19g (27.98%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 12.66g (4.6%), Sugar: 10.32g (11.46%), Cholesterol: 81.65mg (27.22%), Sodium: 418.3mg (18.19%), Alcohol: 0.99g (100%), Alcohol %: 0.73% (100%), Protein: 22g (43.99%), Vitamin B3: 7.92mg (39.61%), Vitamin C: 20.53mg (24.89%), Selenium: 16.08µg (22.97%), Vitamin B6: 0.42mg (20.96%), Phosphorus: 191.87mg (19.19%), Vitamin B2: 0.2mg (11.5%), Vitamin B5: 1.1mg (11.04%), Zinc: 1.6mg (10.65%), Magnesium: 38.4mg (9.6%), Potassium: 323.29mg (9.24%), Manganese: 0.17mg (8.61%), Vitamin E: 1.21mg (8.08%), Iron: 1.41mg (7.83%), Vitamin B1: 0.11mg (7.1%), Copper: 0.13mg (6.27%), Vitamin B12: 0.34µg (5.62%), Folate: 20.42µg (5.11%), Vitamin A: 235.35IU (4.71%), Fiber: 1.05g (4.2%), Calcium: 33.57mg (3.36%), Vitamin K: 1.66µg (1.58%), Vitamin D: 0.22µg (1.45%)